

STAYING CONNECTED WITH YOUR TEEN



"A Helping hand for all ages."

*A proven research based program

A FOUR WEEK PROGRAM... FOR PARENTS OF Preteens/Teens

PARENTING IS EASY...UNTIL YOU HAVE CHILDREN!

JOIN YOUR NEIGHBORS AND FRIENDS AND LEARN----

- ✧ How to eliminate power struggles...
- ✧ Discover discipline that really works...
- ✧ Learn new ways to talk to your children...
- ✧ Build family bonds...
- ✧ Develop your children's inner strength and pride...

What other parents have said about this course: *"This program has taught me some new ways to deal with my teenager's behaviors and mine as well." "I tend to be a private person but this program made me feel comfortable to talk." "The good thing I learned is I don't have to do the same things my parents did. I started using the problem solving plan and it changed things."*

DATE: Thursdays, February 19th, 26th, March 5, March 12, 2009
TIME: 6:00 – 9:00 P.M. make-up date will be March 19, 2009

PLACE: Newington Town Hall
131 Cedar Street
Newington, CT 06111
Conference Room 5

COST: \$45 per person/\$65 per couple
Pizza/Soda provided
Educational materials are included

Facilitator, Valerie Dripchak, Ph.D/L.C.S.W. will lead parents in a video/discussion format that teaches concrete parenting skills. Dr. Dripchak is a professor at Southern Connecticut State University, who has vast experience working with children and families.

ENROLLMENT IS LIMITED. Submit payment of check or cash to the Newington Department of Human Services by Friday, February 13, 2009. Partial scholarships are available. For more information: call 665-8590, Press 1 for Secretary, Karen Gagliardi.